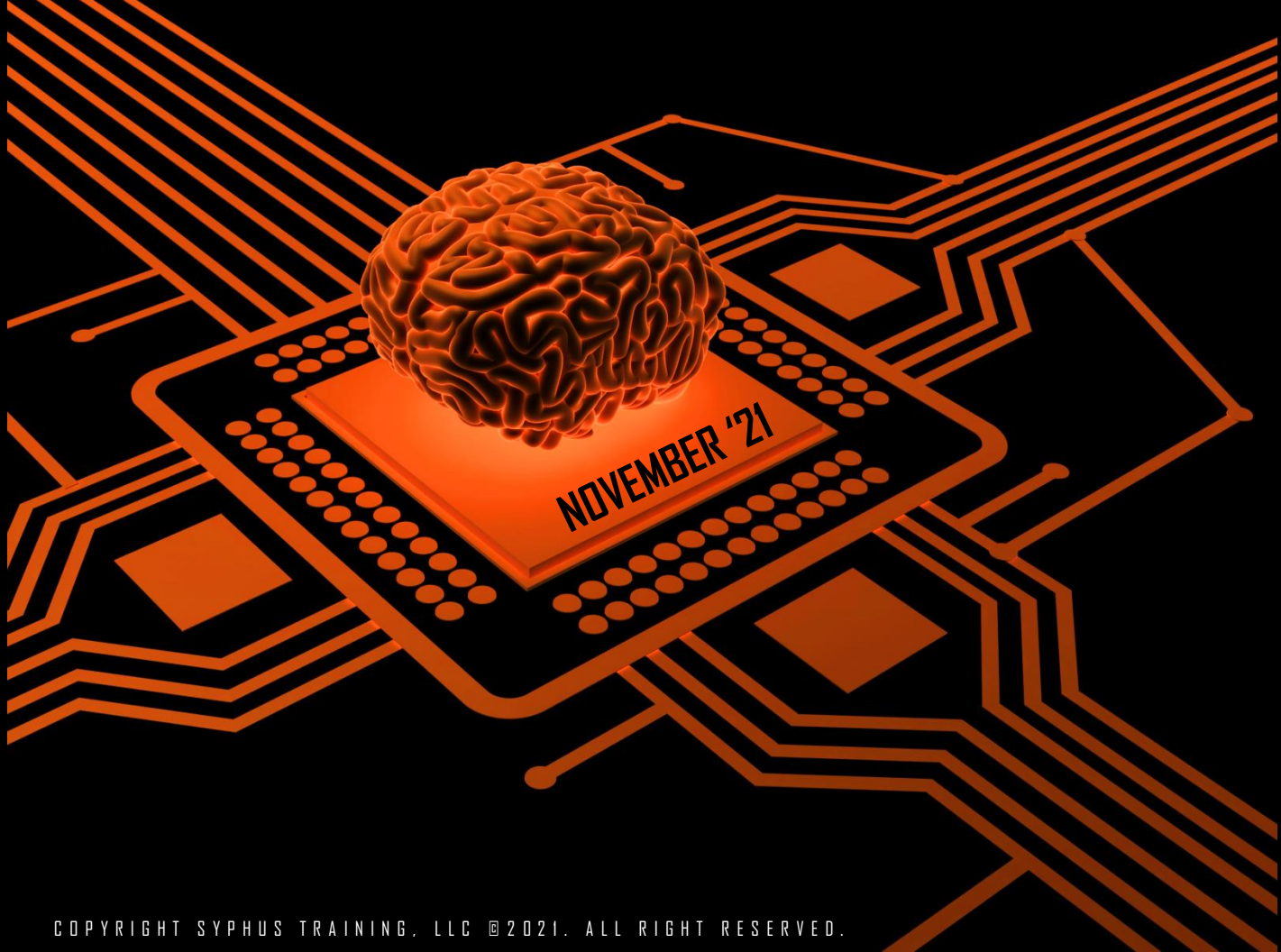


M
O
T
H
E
R
B
O
A
R
D





HOW TO READ THE MOTHERBOARD

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

EQUALATERAL

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HIGH Xs
3. TOES (20) + RUN
4. SL GORGON (8) + RUN
5. YIKES

HYBRID2

1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

1,1
1,1,2,2
1,1,2,2,3,3
1,1,2,2,3,3,4,4
1,1,2,2,3,3,4,4,5,5

MESA2

1. BONSAI 3-1-4-2-4-1
2. V-STEP MADNESS
3. TARASQ
4. MONKEY
5. XPP
6. CURL WALK
7. BOVINE
8. GATOR TO 3

Circuit keys noted in smaller font and or the Circuit Glossary.

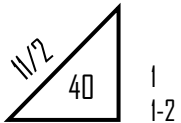


WAGER WORKOUT

A WORKOUT CREATED BY THE WINNING TURF OF TURF WARS.

ALL OTHER TURFS WILL DO THIS WORKOUT AS "PUNISHMENT" ALONG WITH THE SPECIAL PLAYLIST SUBMITTED BY THE WINNING TURF VIA SPOTIFY.

MORE DETAILS ON THE WAGER WORKOUTS TO BE ANNOUNCED CLOSER TO THE START OF THE TOURNAMENT.



SLOPE

- 1
- 1-2
- 1-3
- 1-4

MTN

1. TWO-STEP (20) + RUN
2. SHUFFLE
3. BULLY
4. POTTY SHOTS

- 1-4
- 4-1
- 2-3
- 3-2

EL CYCLE

1. CYCLONE (12) + TZN
2. F. LUNGE
3. JIGGY (20) + RUN
4. BOVINE

- 1-3
- 2-4

MESA

1. HOT COALS (10) + RUN
2. RDL (8) + TZN
3. BENCHED (30) + TZN
4. TYPHON

- 1-3, 4A, 4A
- 1-3, 4B, 4B

REPTILIAN2

1. BUZZARD
2. SA DIABLO
3. TARASQ

- 4A. ARACHNID
- 4B. THRASHER

- 1
- 1, 22
- 1, 2, 333
- 1, 2, 3, 4444

VERTEX

1. W. CROOK
2. GRYPHON (8) + PUSH
3. KOBOLD
4. PRIMATES 4-1-3-1-2-1

- 1-2
- 1-4

MTN2

1. SL BUCKS
2. OFFERING
3. GARGOYLE
4. GORGON + PUSH UP (8) + RUN

- 1, 2, 1, 3, 1, 4
- 2, 3, 2, 3
- 3, 4

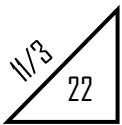
=IBRIDOUS

1. VENOM
2. MIEL'S WHEELS
3. VIP (10) + RUN
4. SPIKES

- III
- 222
- 333
- 444

CENTAUR3

1. LYCAN (10) + RUN
2. SWAGGIN 1:1
3. GIMPY DOG
4. TYSONS



SLOPE

- 1
- 1, 2, 1
- 1, 2, 3, 2, 1
- 1, 2, 3, 4, 3, 2, 1
- 1, 2, 3, 4, 5, 4, 3, 2, 1

UPLIFT

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN
3. HIKES
4. TROG
5. BULLSHIT

- 1, 2
- 1, 2, 3, 3, 4, 4
- 1, 2, 3, 4, 5, 5, 5, 6, 6, 6
- 1, 2, 3, 4, 5, 6, 7, 7, 7, 8, 8, 8, 8

ZIPPER

1. SLING SHOT 3-2-4-2-3-1
2. MONKEY

3. BUCKS
4. 45 °

5. SWAGGIN 1:1
6. SQ. JUMP (10) + RUN

7. SQUONQ
8. TAKE OFF!

1X

2X

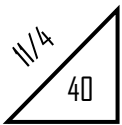
3X

4X

1-15
15-1

U

1. HAMSTRUNG
2. CHICKIN 2-1-3-1-4-1
3. MOGUL MADNESS 10
4. DIABLO
5. PEG LEG (8) + RUN
6. MANTIS (8) + RUN
7. BANDIT (20) + RUN
8. INCH WORM
9. BONSAI 3-1-4-2-4-1
10. KNEELING CURL (6) + TZN
11. TYSONS
12. X PP
13. STORK (20) + TZN
14. GARGANTUAN
15. NO GIMMIES



SLOPE

- 1A, 2A, 3A, 4A, 5A
- 1B, 2B, 3B, 4B, 5B
- 1C, 2C, 3C, 4C, 5C

CROSS-FUSION

1. EN GARDE
2. SWAGGIN 1:1
3. RAMPANT (10) + RUN
4. RIBBITS (10) + RUN
5. POGOTO (6) + TZN

- A. SUE STEP (20) + RUN
- B. TROMBONE 6+
- C. SWASHBUCKLER

- 1, 2, 1, 3, 1, 4, 1, 5
- 5, 4, 5, 3, 5, 2, 5, 1
- 2, 3, 2, 4
- 4, 3, 4, 2
- 3

EQUALATERAL

1. HALO 2-1-3-1-4-1
2. SAPP
3. O-BDR (10) + TZN
4. OGRE (10) + TZN
5. YETI

- 1-3
- 1-6
- 1-9
- 1-12

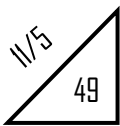
MTN3

1. MT. CLIMB (20) + RUN
2. HIKES
3. W. GREMLIN

4. SQUIBBLE
5. REVIVAL
6. PISTON (10) + TZN

7. B. LUNGE
8. VIPER
9. CURL PRESS 5+

10. YIKES!
11. JACKAL
12. JACK-ASS



SLOPE

MOLE HILLS

1
1,2
1, 2, 3...

- 1. SUICIDE 2-1-3-1-4-1
- 2. SHUFFLE
- 3. STAMPEDE

WARM UP

- 1. TRUMPET 9+
- 2. SHWAGGIN 1:1

CARRY

- 1. RAMPAGE (12) + RUN
- 2. RDL (8) + TZN
- 3. ARACHNID

FLEXIBILITY

- 1. QUICK FT. (20) + RUN
- 2. TWO-STEP (20) + RUN
- 3. BANDIT (20) + RUN

+RUN

- 1. JACKALOPE
- 2. SA DIABLO
- 3. INCH WORM

DRAG

- 1. POUNCER (10) + RUN
- 2. MOGUL MADNESS 10
- 3. STATARASQ (16) + RUN

CARDIO

- 1. HIKES
- 2. APE SHOOT!
- 3. 3 PT. STANCE

THROW

- 1. STAT CURL (6) + TZN
- 2. SL OGRE (10) + TZN
- 3. SKULLS (10) + TZN

+ TZN

- 1. SHUTTLE RUN 3-2-4-2-3-1
- 2. SLING SHOT 3-2-4-2-3-1
- 3. MIM 3-2-4-2-3-1

SHUTTLE

- 1. 45°
- 2. B. LUNGE

LUNGE

- 1. CRAZY LEGS
- 2. VENOM
- 3. GRECO

PUSH

- 1. SAWED OFF (10) + TZN
- 2. W. GREMLIN
- 3. STORK (20) + TZN

GLUED
PLATE

- 1. MONKEY
- 2. BOVINE
- 3. MASTODON

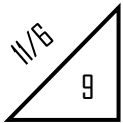
CRAWL

- 1. POGOTO (6) + TZN
- 2. REVIVAL
- 3. MANTIS (8) + RUN

PLANK

- 1. TYPHON
- 2. TAKE OFF!
- 3. JUNKIE JUMP (8) + RUN

JUMP



PLAYING THE FIELD

	4		4
I		JESTER	NEAPOLITAN
H		TYSONS	DIABLO
G		JACK BOX	TOP SHELF (8) + TZN
	3		3
F		CURL WALK 6+	RDL (8) + TZN
E		RAMBO (10) + RUN	SL MANTIS (8) + RUN
D		W. GREMLIN	HANG (10) + RUN
	2		2
C		TWO-STEP (20) + RUN	OGRE (10) + TZN
B		EN GARDE	PLATE PUSH
A		SUICIDE 2-1-3-1-4-1	GALLOW 2-1-4-3-4-1
	1		1
		SUICIDE 2-1-3-1-4-1	GALLOW 2-1-4-3-4-1
			SHUTTLE RUN 3-2-4-2-3-1

STARTING AT THE BOTTOM OF THE BOARD, IMAGINE YOU ARE FACING THE SYPHUS TRAINING FIELD. PERFORM EACH LIST OF TASKS IN THAT PATTERN OF THE OF THE RUN THAT IS LISTED. THE PATTERN IS ULTIMATELY MULTIPLE U-TURNS BLENDED TOGETHER. ALWAYS DOUBLE UP ON THE TURNS.



BODY WEIGHT ONLY!

1-6 F
1-5 E
1-4 D
1-3 C
1-2 B
1 A

REV XION

- | | |
|------------------------------|--------------------------|
| 1. BONSAI 3-1-4-2-4-1 | A. RESURRECTION |
| 2. TOES (20) + RUN | B. GATOR TO 3 |
| 3. ALI 22+ | C. BULLFROG |
| 4. HANG (10) + RUN | D. GBD (15) + RUN |
| 5. VIP (10) + RUN | E. BULLSHIT |
| 6. GORGON (8) + RUN | F. BOVINE |

CROSS-FIRE

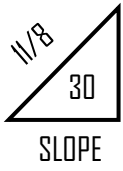
1A, 1B, 1C
2A, 2B, 2C
3A, 3B, 3C
4A, 4B, 4C
5A, 5B, 5C

- | | |
|------------------------------|---------------------------------|
| 1. GALLOW 2-1-4-3-4-1 | A. JUNKIE JUMP (8) + RUN |
| 2. RAMPAGE (12) + RUN | B. BUZZARD |
| 3. MONTAUK | C. GROWLER |
| 4. TIPPY-TAP | |
| 5. AMAROK | |

1-5
1-4, 5
1-3, 4, 5
1-2, 3, 4, 5
1, 2, 3, 4, 5
1-5

DARK SIDE

- | | |
|----------------------------|-----------------------------|
| 1. JIGGY (20) + RUN | JIGGY MADNESS 10 |
| 2. FROGS | THRUST TO FROG |
| 3. ALT SQUONK | KOBOLD |
| 4. MONGOOSE | REV MONGOOSE |
| 5. MANTIS (8) + RUN | ABD MANTIS (8) + RUN |



REV INTERRUPTED MTN3

REV MTN3

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. MOGUL (20) + RUN
3. SKUFFLE

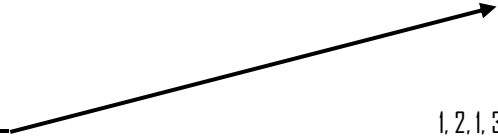
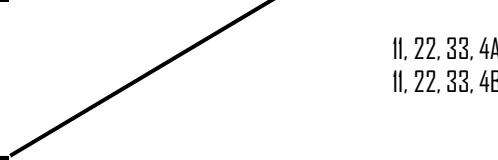
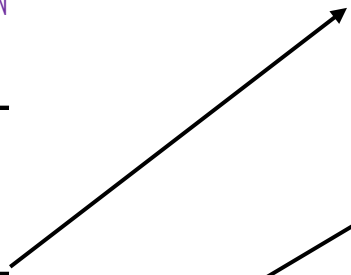
4. BULLY
5. ALT SQUONQ
6. YIKES!

7. GALLOW 2-1-4-3-4-1
8. HALD 2-1-3-1-4-1
9. JIGGY (20) + RUN

10. GORGON (8) + RUN
11. MIEL'S WHEELS
12. NEAPOLITAN

13. B.N.C.
14. W. STAT SQUAT (10) + TZN
15. REV MASTODON

- 1-15, EQUALIBRIOUS
- 1-12, CEPTILIAN2
- 1-9, U-TURN
- 1-6, XION
- 1-3



1. TURKEY
2. TYSONS
3. SQ. JUMP (10) + RUN

- 1A
- 1, 2 B
- 1, 2, 3 C

XION

- A. DZARK
- B. MIM 3-2-4-2-3-1
- C. TAKE OFF!

- 1-4
- 4-1

U-TURN

1. TARASQ
2. SHWAGGIN 1:1
3. SKULLS (10) + TZN
4. QUICKSAND (L)

CEPTILIAN2

- 11, 22, 33, 4A
- 11, 22, 33, 4B

1. SPIKES
2. BANDIT (20) + RUN
3. YETI

-
- 4A. INCH WORM
 - 4B. REV INCH

- 1, 2, 1, 3, 1, 4
- 2, 3, 2, 4
- 3, 4

EQUALIBRIOUS

1. SA PP
2. FLYING MONKEY
3. CURL MADNESS 3
4. BUZZARD



A, B, A, C, A, D, A, E
B, C, B, D, B, E
C, D, C, E
D, E

EQUALIBRIOSITY

A

1. SHUFFLE
 2. TURKEY
 3. SWAGGIN 1:1
 4. HOT COALS (10) + RUN
 5. V-STEP (10) + RUN
-

B

6. HIKES
 7. TROMBONE 6+
 8. HANG (10) + RUN
 9. MONTAUK
 10. TOES (20) + RUN
-

C

11. REV B.N.C.
 12. KOBOLD
 13. VENOM
 14. REV BULLDOG
 15. TROG
-

D

16. BUCKS
 17. SUICIDE 2-1-3-1-4-1
 18. JACKLOPE
 19. BENCHED (30) + TZN
 20. O-PINNED 2-1-3-1-4-1
-

E

21. WARRIOR
22. STACK SHOT
23. REVIVAL
24. BONSAI 3-1-4-2-4-1
25. WICCA



SLOPE

CHAMELEON

- 1A. SUE STEP (20) + RUN
- 1B. TWO-STEP (20) + RUN
- 1C. TIP-TOES (20) + RUN
- 1D. HOT COALS (10) + RUN

- 2. SUICIDE 2-1-3-1-4-1
- 3. BULLY
- 4. VIP (10) + RUN
- 5. ROW STROLL 6+

- 6A. GROWLER
- 6B. BULLDOG
- 6C. MONGOOSE
- 6D. MONKEY

- 1A. 2-5, 6A
- 1B. 2-5, 6B
- 1C. 2-5, 6C
- 1D. 2-5, 6D

CHECKLIST

DO EACH TASK AS

MANY TIMES LISTED **MATTERHORN**

- 2 POGOTO (6) + TZN
- 1 W. CROOK
- 2 HANG (10) + RUN

- 2 OPA (8) + TZN
- 1 REV B.N.C.
- 2. FLAMINGO (6) + TZN

- 2 SQUONQ
- 1 NO GIMMIES
- 2 BANDIT (20) + RUN

- 2 HALO 2-1-3-1-4-1
- 1 LYCAN (10) + RUN
- 2 KAMIKAZE 4-3-4-2-4-1-4-1

- 2 MANTIS (8) + RUN
- 1 SLUSKI
- 2 F. LUNGE

- 2 BENCHED (30) + TZN
- 1 DEVIL
- 2 GALLOW 2-1-4-3-4-1

1

1, 22

1, 2, 333

1, 2, 3, 4444

1, 2, 3, 4, 55555

VERTEX

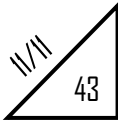
- 1. SL BOULDER
- 2. TARASQ
- 3. SWAGGIN 1:1
- 4. PRIMATES 4-1-3-1-2-1
- 5. PLATE PUSH

1-5

5-1

U

- 1. STAMPEDE
- 2. DEATH ROW 2-1-3-1-4-1
- 3. LEPRECHAUN
- 4. VIPER
- 5. HIKES



SLOPE

MTN2 GONE FISHIN'

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. W. GREMLIN
4. OFF THE DOCK

-
1. POTTY SHOT
 2. ALI 22+
 3. BEAR
 4. RIBBITS (10) + RUN
 5. YETI
 6. OFF THE DOCK

-
1. KNEELING CURL (6) + TZN
 2. SKY HIGH 4-1
 3. YIKES!
 4. JAGGER (10) + RUN
 5. SLIGER
 6. OFF THE DOCK

-
1. SUICIDE 2-1-3-1-4-1
 2. V-STEP (10) + RUN
 3. MINOTAUR Ⓛ
 4. OFF THE DOCK

-
1. PUSH UP (10) + RUN
 2. FROZEN CROOK 8
 3. TROG
 4. SHALLOW WATER

1. TYSONS
2. PEG LEG (8) + RUN
3. TORO
4. SHALLOW WATER

-
1. ENFORCER PUSH
 2. PINNED 2-1-3-1-4-1
 3. GRECO
 4. QUICK FT. (20) + RUN
 5. HIGH Xs
 6. SHALLOW WATER

-
1. DGRE (10) + TZN
 2. INFINITY (20) + RUN
 3. DEATH ROW 2-1-3-1-4-1
 4. SHALLOW WATER

-
1. RAMPANT (10) + RUN
 2. MIEL'S WHEELS
 3. 45°
 4. JACKALOPE
 5. TIPPY-TAP
 6. DEEP SEA

-
1. SA PP
 2. SCORPION TO 3/BACK
 3. BOR (15) + TZN
 4. DEEP SEA

1. VIPER
2. STORK (20) + TZN
3. KOBOLD
4. DEEP SEA

OFF THE DOCK

1. PLATE PUSH
2. FROGS
3. 3 PT. STANCE
4. MONKEY

SHALLOW WATER

1. B.N.C.
2. DECALF
3. CURIOUS GEORGE
4. CHICKIN 2-1-3-1-4-1

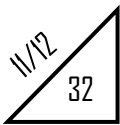
DEEP SEA

1. OZARK
2. RESURRECTION
3. JACK BOX
4. SL BAYOK (6) + RUN

MTN2 SECTIONS.

AT THE END OF EACH SECTION "GO FISHING" FOR A TASK FROM THE NOTED LIST.

YOU CANNOT REPEAT A "GONE FISHING" TASK.



SLOPE

1
1, 22
1, 22, 333
1, 22, 333, 4444
1, 22, 333, 4444, 55555

MT. NEVEREST

1X EN GARDE

2X HOT COALS (10) + RUN

3X CRAZY LEGS

4X MONTAUK

5X STAMPEDE

1-5, 6A, 7A
1-5, 6B, 7B
1-5, 6C, 7C
1-5, 6D, 7D
1-5, 6E, 7E

REPTILIAN N+N

1. F. LUNGE

2. SUE STEP (20) + RUN

3. MONKEY

4. GALLOW 2-1-4-3-4-1

5. SUPP (10)

6A. ROW STROLL 6+

7A. TALL ORDER 6+

6B. REV BULLDOG

7B. DIABLO

6C. B.N.C.

7C. INCH WORM

6D. TROG

7D. LEPRECHAUN

6E. YETI

7E. AMAROK

1-10
11, 22, 33, 44...

CHECKLIST + CENTAUR2

1. CYCLONE (12) + TZN

2. VENOM

3. THRASHER

4. SUICIDE 2-1-3-1-4-1

5. HIKES

6. SCORPION TO 3/BACK

7. CHICKIN 2-1-3-1-4-1

8. BUCKS

9. SKIPS

10. TAKE OFF!



SLOPE

- 1-3
- 2-4
- 3-5
- 4-6
- 5-7
- 6-8

MESA

1. SUE-STEP (20) + RUN
2. SWAGGIN 1:1
3. SQUONQ
4. HIKES
5. SKIPS
6. VIPER
7. BONSAI 3-1-4-2-4-1
8. AMAROK

N

- 1-6
- 6-1
- 1-6

1. X PP
2. YETI
3. PUSH UP (10) + RUN
4. GALLOW 2-1-4-3-4-1
5. CRAZY LEGS
6. MONGOOSE

THE RAPTURE

- 1, 8
- 1, 2, 7, 8
- 1, 2, 3, 6, 7, 8
- 1-8

FILLING

1. PLATE SHAKE 9+
2. TWO-STEP (20) + RUN
3. HIGH Xs
4. SLAP JACK
5. KOD (20) + TZN
6. BOVINE
7. JIGGY (20) + RUN
8. SKUFFLE

MTN

1. BUCKS
2. SWASHBUCKLER
3. WIZARD

- 2
- 2,1
- 22,1,333
- 22,1,333,22

CHASM

- 2 BULLY
- 1 KOBOLD
- 3 RIBBITS (10) + RUN
- 2 REV MASTODON

- ORDER
- MESA
- MTN
- FILLING
- MTN
- N
- MTN
- CHASM
- MTN



- 1-2
- 1-4
- 1-6
- 1-8
- 1-10

MTN2

1. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN

3. EN GARDE

4. PLATE SHAKE 9+

5. JIGGY (20) + RUN

6. ALI 22+

7. OGRE (10) + TZN

8. CYCLONE (12) + TZN

9. FLYING MONKEY

10. PROWLER (L)

PERFORM EACH TASK NUMBER
OF TIMES INDICATED AND IN
CHECKLIST FASHION

CHAOS

- 4 BANDIT (20) + RUN
- 3 ROW STROLL 6+
- 2 SUICIDE 2-1-3-1-4-1
- 1 OZARK
- 3 POUNCER (10) + RUN
- 4 VIP (10) + RUN
- 1 BULLY
- 1 SL INCH
- 2 TROG
- 3 HIKES

- 1-10
- 1-4, 7-10
- 1-3, 8-10
- 1-2, 9-10
- 1, 10

CAVITY

1. MONTAUK
2. HALO 2-1-3-1-4-1
3. TYSONS
4. GATOR TO 3
5. DEVASTATOR 6
6. CURL MADNESS 3
7. DIABLO
8. PEG LEG (8) + RUN
9. MOGUL (20) + RUN
10. BULLDOG



SLOPE

CAVITY CIRCUITS

PERFORM CIRCUITS IN THE ORDER OF A,B,C,D,E,F,G,H / A,B,C,F,G,H / A,B,G,H / A,H

- 1.
- 1.2
- 1.2,3

A. MTN

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. MOGUL (20) + RUN

B. EL CYCLE

1. STAMPEDE
2. RAMPAGE (12) + RUN
3. MONGOOSE

- 1-3
- 3-1
- 2,2

C. VERTEX

1. WARRIOR
2. CHICKIN 2-1-3-1-4-1
3. ALT. SQUONK

- 1.
- 1,2,2
- 1,2,3,3,3

D. FADED

1. MINOTAUR ☹️
2. INCH WORM
3. AMAROK

- 1-3
- 2,3
- 3

E. =IBRIDUS

1. JOUNCE 2-1-3-1-4-1
2. SHWAGGIN 1:1
3. SCORPION to 3/BACK

- 1,2,1,3
- 2,3

F. CHECKLIST (2)

1. TRIFECTA 6+
2. SLAP JACK
3. VENOM

- 1-3
- 1-3

G. U-TURN

1. W. CROOK
2. CURL PRESS 5+
3. MIEL'S WHEELS

- 1-3
- 3-1

- PUSH
- TASK
- PUSH
- TASK
- PUSH
- TASK
- H. GAUNTLET

1. ROW STROLL 6+
2. SQUIBBLE
3. REV MASTODON



FADED OLYMPUS

CENTAUR2

1. SHUFFLE 11
2. TYSONS 22
3. SWAGGIN 1:1 33
4. MT. CLIMB (20) + RUN 44

REPTILIAN

1. RIBBITS (10) + RUN 1-3, 4A
2. GORGON (8) + RUN 1-3, 4B
3. YIKES!

4A. X PP

4B. PUSH UP (10) + RUN

VERTEX

- 1 JACK BOX 1
2. BONSAI 3-1-4-2-4-1 1, 22
3. PRIMATES 4-1-3-1-2-1 1, 2, 333

GAUNTLET

1. YETI PUSH, 1
2. TRIFECTA 6+ PUSH, 2
3. SHALO 1:1 PUSH, 3
4. KOBOLD PUSH, 4

MTN

1. HOT COALS (10) + RUN 1
2. F. LUNGE 1, 2
3. CUJO (L) 1, 2, 3

ORDER

CENTAUR2

REPTILIAN

VERTEX

GAUNTLET

MTN

REPTILIAN

VERTEX

GAUNTLET

MTN

VERTEX

GAUNTLET

MTN

GAUNTLET

MTN

MTN



FLIP IT AND REVERSE IT

3, 3
2-4, 4-2
1-5, 5-1

REV EL CYCLE

1. BULLDOZER
2. SHUFFLE
3. QUICK FT. (20) + RUN
4. SWAGGIN 1:1
5. PROWLER Ⓛ

11, 22, 33, 44
11, 22, 33
11, 22
11

REV HYBRID²

1. RAMBO (10) + RUN
2. POTTY SHOTS
3. TARASQ
4. GRECO

1, 22, 333, 4444
2, 33, 444
3, 44
4

REV FIND MUCK

1 JACK-ASS

21 MONKEY

321 X PP

4321 BANDIT (20) + RUN

REV REPTILIAN²

1A 1A, 2-4
1B 1B, 2-4
1C 1C, 2-4
1D 1D, 2-4
1E 1E, 2-4
1F 1F, 2-4

1A. W. LUNGE

1B. BENCHED (30) + TZN

1C. RDL (8) + TZN

1D. SL MANTIS (8) + RUN

1E. MIEL'S WHEELS

1F. SHOT PUT

2. KAMIKAZE 4-3-4-2-4-1-4-1

3. VENOM

4. CYCLONE (12) + TZN



1-3, 4A
1-3, 4A, 4B, 5A
1-3, 4A, 4B, 4C, 5A, 5B, 6A
1-3, 4A, 4B, 4C, 4D, 5A, 5B, 5C, 6A, 6B, 7A

VOYAGE

1. SHUTTLE RUN 3-2-4-2-3-1
2. MT. CLIMB (20) + RUN
3. TIPPY-TAP

- 4A. V-STEP (10) + RUN
- 4B. HIKES
- 4C. ROW STROLL 6+
- 4D. PUSH UP (10) + RUN

- 5A. REV BEAR
- 5B. FLYING MONKEY
- 5C. TYSONS

- 6A. REV PLATE PUSH
- 6B. POTTY SHOTS

- 7A. TWEAKER 

PERFORM PUSHES NUMBER OF TIMES INDICATED.
PERFORM THE PRECEDING TASK ONCE.

PROGRESSIVE VENOM GAUNTLET

- 1X VENOM
1. HALO 2-1-3-1-4-1
- 2X VENOM
2. RDL (8) + TZN
- 3X VENOM
3. CYCLONE (12) + TZN
- 1X VENOM
4. THRASHER
- 2X VENOM
5. SHWAGGIN 1:1
- 3X VENOM
6. SKULLS (10) + TZN

1
1, 2, 1
1, 2, 3, 2, 1
1, 2, 3, 4, 3, 2, 1
1, 2, 3, 4, 5, 4, 3, 2, 1
1, 2, 3, 4, 5, 6, 5, 4, 3, 2, 1

UPLIFT

1. KOBOLD
2. COALITION (10) + TZN
3. GARGOYLE
4. OFFERING
5. ARACHNID
6. HACK-IT



MTN2 JACOB'S LADDER

5.1. SKATES

4. YETI

3. MUGGER (10) + RUN

6.2. BIG BUCKS

5.1. SHUTTLE RUN 3-2-4-2-3-1

4. PEG LEG (8) + RUN

3. YIKES!

6.2. GIMPY DOG

5.1. EN GARDE

4. BOVINE

3. HALO 2-1-3-1-4-1

6.2. PARATROOP (10) + RUN

5.1. W. GREMLIN

4. SWAGGIN 1:1

3. TWO-STEP (20) + RUN

2. STAMPEDE

1. KAMKIKAZE 4-3-4-2-4-1-4-1

6. JACK-ASS

5. STATARASQ (16) + RUN

4. HOT COALS (10) + RUN

3. W. CROOK

6.2. DEVIL

5.1. CHICKIN 2-1-3-1-4-1

4. POTTY SHOT HOPS

3. LOWLY (10) + RUN

6.2. AMAROK

5.1. B.N.C.

4. VIPER

3. QUICKSAND

6.2. SQ. JUMP (10) + RUN

5.1. SKATES

1-5
2-5
3-5
4-5
5

FADED

1. WICCA

2. SQUANTOES (20) + RUN

3. 3 PT. STANCE

4. OFFERING

5. CRAY CRAY

1, 2, 3, 4, 5, 6...
1, 2, 3, 4,
1, 2, 3, 4, 5, 6
1, 2, 3, 4,
1, 2, 3, 4, 5, 6
1, 2, 3, 4,
1, 2, 3, 4, 5, 6
1, 2, 3, 4
1, 2

START HERE
WORK UPWARD





SLOPE

1 A, A
1-2 B, B
1,-3 C, C
1-4 D, D
1-5 E, E
1-6, F, F

XION2

1. BONSAI 3-1-4-2-4-1
2. GREMLIN
3. HIKES
4. CURL PRESS 5+
5. REV BULLDOG
6. REV PLATE PUSH

- A. QUICK FT. (20) + RUN
- B, SUE-STEP (20) + RUN
- C. HIGH Xs
- D. KITCHEN SINK (10) + TZN
- E. ROW STROLL 6+
- F. JACKAL

111
222
333...

CENTAUR3

1. TURKEY
2. DECALF
3. STAT TYSON (10) + RUN
4. FROZEN CROOK 8
5. TROMBONE 6+

6. DELAURA
7. COALITION (10) + TZN
8. REV HYDRA
- 9, MANTIS (8) + RUN
10. NEAPOLITAN

1A, 1B, 1C
2A, 2B, 2C
3A, 3B, 3C
4A, 4B, 4C
5A, 5B, 5C

CROSS-FIRE

1. BANDIT (20) + RUN
2. X PP
3. BENCHED (30) + TZN
4. REV BEAR
5. MIEL'S WHEELS

- A. KOD (20) + TZN
- B. EXPLOSIONS
- C. COBRA (10) + PUSH



SLOPE

- 1-2
- 1-4
- 1-6
- 1-8
- 1-10

MTN2

1. SHUFFLE
2. MT. CLIMB (20) + RUN

3. W. GREMLIN
4. SUE-STEP (20) + RUN

5. CHICKIN 2-1-3-1-4-1
6. F. LUNGE

7. CYCLONE (12) + TZN
8. BULLDOG

9. AMAROK
10. SLUSKI

- 1-15
- 15-1

+TZN/+TZN/+PUSH

U

1. TIP-TOES (20) + RUN
2. PUSH UP (10) + RUN
3. HOT COALS (10) + RUN
4. 90° (10) + TZN
5. PARATROOP (10) + RUN
6. STORK (20) + TZN
7. RIBBITS (10) + RUN
8. SKULLS (10) + TZN
9. STAT TYSON (20) + RUN
10. JIGGY (20) + RUN
11. MANTIS (8) + RUN
12. SAWED OFF (10) + TZN
13. SQUANTOES (20) + TZN
14. GRIFTER (10) + SA P.P.
15. SUPP (10)

- 5, 6
- 4-7
- 3-8
- 2-9
- 1-10

EXPANDING MTN

1. HACK-IT
2. HAMSTRUNG
3. OFFERING
4. SQUONQ
5. X PP
6. REV BEAR
7. RAMPAGE (12) + RUN
8. GALLOW 2-1-4-3-4-1
9. SLING SHOT 3-2-4-2-3-1
10. JACKALOPE



- 1, 2, 33
- 2, 3, 44
- 3, 4, 55
- 4, 5, 66
- 5, 6, 77
- 6, 7, 88
- 7, 8, 99
- 8, 9, 10 10

RIPPLED

1. GALLOW 2-1-4-3-4-1
2. V-STEP (10) + RUN
3. HOT COALS (10) + RUN
4. SWAGGIN 1:1
5. TRUMPET 9+
6. RAMPANT (10) + RUN
7. CURL PRESS 5+
8. VIPER
9. SL BUCKS
10. ROW STROLL 6+

- 1 A, A
- 1-2 B, B
- 1,-3 C, C
- 1-4 D, D
- 1-5 E, E

1. RAZOR
2. MUGGER (10) + RUN
3. BOR (15) + TZN
4. 45 °
5. STAT HALD (18) + TZN

XION2

- A. SQ. THRUST (10) + RUN
- B. RDL (8) + TZN
- C. BOVINE
- D. JOUNCE 2-1-3-1-4-1
- E. STATARASQ (16) + RUN

- 1-3
- 3-1
- 2, 2....

EL CYCLE MOLE HILLS

1. ANACONDA
2. BONSAI 3-1-4-2-4-1
3. POUNCER (10) + RUN

1. SCORPION TO 3/BACK
2. SKATES
3. MONGOOSE

1. JACKAL
2. REV GREMLIN
3. KOD (20) + TZN

1. SL BOULDER
2. W. CROOK
3. DIABLO

1. MASTODON
2. SKY HIGH 4-1
3. SKULLS (10) + TZN



SLOPE

123
234
345
456
567
678
789
89 10

MESA

1. MT. CLIMB (20) + RUN
2. V-STEP (10) + RUN
3. MOGUL (20) + RUN
4. LYCAN (10) + RUN
5. RAMPAGE (12) + RUN
6. MONTAUK
7. PLATE PUSH
8. KOD (20) + TZN
9. SL OGRE (10) + TZN
10. INCH WORM

GROUND AND POUND

(ALL TASKS ARE GROUND BASED)

1,2
1-4
1-6
1-8

MTN2

1. RAMBO (10) + RUN
2. NEAPOLITAN

3. PUSH UP (10) + RUN
4. MONGOOSE

5. BANDIT (20) + RUN
6. JACKAL

7. SHOT PUT
8. C.H.B

1-4, 55555
1-3, 4444
1-2, 333
1, 22
1

REVERTEX

1. PISTON (10) + TZN
2. B.N.C.
3. INFINITY (20) + RUN
4. GARGOYLE
5. VENOM

1-5
5-1
2-4
4-2
3, 3

EL CYCLE

1. WICCA
2. JIGGY (20) + RUN
3. MUGGER (10) + RUN
4. SKULLS (10) + TZN
5. MONKEY



1-10
10-1

U

- 1. SHUFFLE**
- 2. QUICK FT. (20) + RUN**
- 3. TURKEY**
- 4. SQ. JUMP (10) + RUN**
- 5. BULLY**
- 6. TYSONS**
- 7. BUZZARD**
- 8. HIKES**
- 9. CYCLONE (12) + TZN**
- 10. PRIMATES 4-1-3-1-2-1**

MT. CLIMB
TASK
MT. CLIMB
TASK....

- 1. CURIOUS GEORGE**
- 2. CHICKIN 2-1-3-1-4-1**
- 3. SQUIBBLE**
- 4. OGRE (10) + TZN**
- 5. VENOM**
- 6. TRUMPET 6+**
- 7. DEATH ROW 2-1-3-1-4-1**
- 8. VIPER**
- 9. TROG**
- 10. BENCHED (30) + TZN**
- 11. ALI 22+**
- 12. SLING SHOT 3-2-4-2-3-1**
- 13. ABD. MANTIS (8) + RUN**
- 14. POGOTO (6) + TZN**
- 15. WARRIOR**
- 16. STORK (20) + TZN**
- 17. HANG (10) + RUN**
- 18. DECALF**

MT. CLIMB GAUNTLET

- 19. RAZOR**
- 20. SL INCH**
- 21. SHALO 1:1**
- 22. BULLDOZER**
- 23. FROZEN CROOK 8**
- 24. JOUNCE 2-1-3-1-4-1**
- 25. OZARK**
- 26. CALF-IN-ATOR**
- 27. TIP-TOES (20) + RUN**
- 28. DIABLO**
- 29. JIGGY (20) + RUN**
- 30. 45°**
- 31. ANACONDA**
- 32. TWISTED**
- 33. RDL (8) + TZN**
- 34. APE SHOOT!**
- 35. O-BOR (10) + TZN**
- 36. TAKE OFF!**



WARM UP

1. SPRINT
2. V-STEP (10) + RUN
3. MT. CLIMB (10) + RUN
4. SWAGGIN 1:1

A. CRANBERRY SAUCE

1. TRIFECTA! 6+
2. CURL PRESS 5+
3. RIBBITS (10) + RUN
4. PARATROOP (10) + RUN

B. MASHED POTATOES

1. LYCAN (10) + RUN
2. ALI 22+
3. SQ. JUMP (10) + RUN
4. MUGGER (10) + RUN

C. CORN

1. OGRE (10) + TZN
2. RAMP UP (6) + RUN
3. SL MANTIS (8) + RUN
4. O-BOR (10) + TZN

D. YAMS

1. X PP
2. BEAR
3. NO GIMMIES
4. SA PP

E. STUFFING

1. BULLFROG
2. SHOT PUT
3. W. LUNGE
4. BOULDER

F. GRAVY

1. TIPPY-TAP
2. CROOK
3. W. GREMLIN
4. TYSONS

THE FEAST 8.0

G. GREEN BEAN CASSEROLE

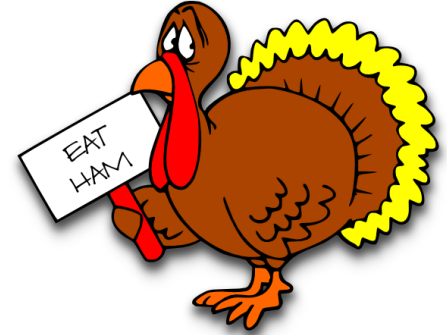
1. RDL (8) + TZN
2. JACKAL
3. 90° (10) + TZN
4. GRAY-CRAY

H. PUMPKIN PIE

1. SNUFF BOX
2. GROOTSLANG
3. CUJO ⌚
4. VOODOO ⌚

I. TURKEY

1. TURKEY
2. TURKEY
3. TURKEY
4. TURKEY



START WITH THE EQUALIBRIOUS WARM UP.

PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT ONCE. GO IN ORDER BY CATEGORY (A-I).

SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY, DO IT TWICE.

REPEAT 3X PER TASK. REPEAT 4X PER TASK.

EXCEPT FOR TURKEYS, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.



SLOPE

PERFORM ALL PLUS RUN, TARZAN AND PUSH TASKS IN ENDZONE #1 THEN DO THE FULL RUN, TZN OR PUSH.

TASKS HIGHLIGHTED IN RED SHOULD BE DONE WITH STRICT FOCUS ON FORM. DO NOT RUSH THESE MOVEMENTS. TAKE AS MANY REPS AS NEEDED TO PERFORM EACH TASK WITH THE CORRECT FORM!

GET YOUR REPS CHECKLIST (3)

1. BUTT KICKS
2. TWO-STEP (40) + RUN
3. SWAGGIN 1:1
4. MOGUL (40) + RUN
5. TRUMPET 9+
6. GORGON (16) + RUN
7. HIKES
8. TALL ORDER 6+
9. JIGGY (40) + RUN
10. SUPP (20)
11. POTTY SHOT
12. F. LUNGE
13. BOVINE
14. RIBBITS (20) + RUN
15. COBRA (20) + PUSH
16. TROG
17. ROW STROLL 6+
18. STAMPEDE
19. BOR (30) + TZN
20. GALLOW 2-1-4-3-4-1
21. VIP (20) + RUN
22. W. GREMLIN
23. PUSH UP (20) + RUN
24. TOES (40) + RUN
25. APE SHOOT!
26. MIEL'S WHEELS
27. OGRE (20) + TZN
28. BULLDOG
29. X PP
30. MANTIS (16) + RUN
31. KOBOLD
32. PARATROOP (20) + RUN
33. BENCHED (60) + TZN
34. KAMIKAZE 4-3-4-2-4-1-4-1
35. RDL (16) + TZN
36. FLAMINGO (12) + TZN



DENALI

SLOPE

1A DOWN
 1A ACROSS
 2A DOWN
 2A ACROSS
 3A DOWN
 3A ACROSS
 4A DOWN
 4A ACROSS
 5A DOWN
 5A ACROSS
 6A DOWN
 6A ACROSS
 7A DOWN
 7A ACROSS
 8 ACROSS
 (DON'T
 DOUBLE 8 AT
 THE END)

	A	B	C	D	E	F
1	EN GARDE	STAMPEDE	TYSONS	SQUONQ	TURKEY	ALI 22+
2	QUICK FT. (20) + RUN	CURL WALK 6+	SHWAGGIN 1:1	PINNED 2-1-3-1-4-1	SKY HIGH 4-1	SKULLS (10) + TZN
3	SKIPS	PLATE PUSH	CRAZY LEGS	REV PLATE PUSH	DELAURA	GRECO
4	YIKES!	APE SHOOT!	SPIKES	POTTY SHOT	SLAP JACK	BUCKS
5	TROMBONE 6+	BULLDOG	C.H.B.	YETI	YAK	JABBERWOCKY
6	RAMBO (10) + RUN	KOBOLO	W. CROOK	RDL (8) + TZN	BUTT KICKS	TARASQ
7	SA PP	ARACHNID	SA DIABLO	OFFERING	STROW 1:1	PROWLER
8	F. LUNGE	REV B.N.C.	GARGANTUAN	SQUIBBLE	REVIVAL	FROGS



1-12
12-1

U

1. GALLOW 2-1-4-3-4-1
2. SKIPS
3. MT. CLIMB (20) + RUN
4. ALI 22+
5. SWAGGIN 1:1
6. TARASQ
7. V-STEP (20) + RUN
8. TALL ORDER 6+
9. APE SHOOT!
10. K-STEP (20) + RUN
11. WICCA
12. BUTT KICKS

LIGHT SIDE

1. PINNED 2-1-3-1-4-1
2. BULLDOG
3. MIEL'S WHEELS
4. STACK SHOT
5. CROAKIN

- BULLY**
- RAMBO (10) + RUN**
- SQUONK**
- POTTY SHOT**
- RIBBITS (10) + RUN**

1-5
1-4, 5
1-3, 4-5
1-2, 3-5
1, 2-5
1-5

ZENITH

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. PETRA

3. JUNKIE JUMP (8) + RUN
4. RDL (8) + TZN

5. 90° (10) + TZN

6. CURL WALK 6+

7. HIKES

8. VEXUM

1, 2
1, 2, 33, 44
1, 2, 33, 44, 555, 666
1, 2, 33, 44, 555, 666, 7777, 8888

1X

2X

3X

4X



SLOPE

SYPHYLOGENY

SYPHYLOGENY CIRCUITS ARE DESIGNED TO SHOW YOU THE STEP-BY-STEP EVOLUTION OF A TASK STARTING AT THE GRANULAR BASE MOVEMENTS PROGRESSING TO THE LARGER MORE COMPLEX.

FROM LEFT TO RIGHT PERFORM ALL THE 1s FROM EACH SECTION. THEN, 1 AND 2 IN ORDER FROM EACH SECTION. FINALLY 1, 2, AND 3 IN ORDER FROM EACH SECTION. THIS IS ALSO KNOWN AS "PEAKS" PROGRESSION.

NEXT YOU'LL TURN THE SECTIONS INTO REPTILIANS BY PERFORMING 1-4A IN EACH SECTION, STILL LEFT TO RIGHT. CONTINUE TO DO 1-3, 4B; 1-3, 4C; 1-3, 4D.

ENFORCER

1. SKATES
2. TIPPY-TAP
3. SKUFFLE

- 4a. SQUIBBLE
- 4b. TIP TOES (20) + TZN
- 4c. TWINKLE TOES (20) + TZN
- 4d. ENFORCER

TOP SHELF

1. TARZAN
2. STAT W. SQUAT (10) + TZN
3. BOR (15) + TZN

- 4a. CYCLONE (12) + TZN
- 4b. KITCHEN SINK (10) + TZN
- 4c. CROCKPOT (6) + TZN
- 4d. TOP SHELF (8) + TZN

HACK-IT

1. RAMPANT (10) + RUN
2. RAMBO (10) + RUN
3. POUNCER (10) + RUN

- 4a. REV BULLDOG
- 4b. REV BOVINE
- 4c. DIABLO
- 4d. HACK-IT

ORCA

1. PISTON (10) + TZN
2. MANTIS (8) + RUN
3. BENCHED (30) + TZN

- 4a. SL MANTIS (8) + RUN
- 4b. SL RESURRECTION
- 4c. SCORPION TO 3/BACK
- 4d. ORCA TO 3/BACK



SLOPE

1,2,1,3,1,4,1,5

2,3,2,4,2,5

3,4,3,5

4,5

EQUALIBRIOUS

1. EN GARDE

2. TWO-STEP (20) + RUN

3. PLATE SHAKE 9+

4. BANDIT (20) + RUN

5. B. LUNGE

11, 22, 33, 44, 55

11, 22, 33, 44

11, 22, 33

11, 22

11

REV HYBRID²

1. JIGGY (20) + RUN

2. TROG

3. APE SHOOT!

4. GRECO

INCH, TASK

INCH, TASK

INCH, TASK

INCH, TASK

INCH WORM GAUNTLET

1. MOGUL MADNESS 10

2. CURL MADNESS 3

3. HANG MADNESS 6

4. SUPP MADNESS 5

CHECKLIST (3)

1-12

1-12

1-12

1. MONGOOSE

2. TRIFECTA 6+

3. SL DGRE (10) + TZN

4. TALL ORDER 6+

5. ROW STROLL 6+

6. KAMIKAZE 4-3-4-2-4-1-4-1

7. CHIMP (8) + RUN

8. JIGSAW

9. JUNKIE JUMP (8) + RUN

10. CYCLONE (12) + TZN

11. DEVIL

12. TOES (20) + RUN

THE SYPHER

THE SYPHER IS THE SYPHUS TRAINING CODE OF CONDUCT. TAP IN. TAME IT. LET IT OUT.

FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF.

COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

NO SCORE? LET US KNOW BEFORE

NOT ALL WORKOUTS NEED TO COUNT FOR A SCORE. TO PREVENT STAT PADDING, LET YOUR PRO KNOW BEFORE GAMETIME THAT YOU WISH TO OPT OUT.

AVOID THE FORBIDDEN 4

1. NEVER STOP SHORT OF THE END ZONE
2. NEVER SWITCH PLATES MID-WORKOUT
3. NEVER PERFORM A + RUN/TZN TASK OUTSIDE OF THE END ZONE
4. NEVER INTENTIONALLY SKIP A TASK

FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE ALWAYS FOLLOWING. AIM TO COMMIT TASKS AND PROGRESSIONS TO MEMORY. SYPHUS IS MEANT TO ENGAGE THE MIND AS WELL AS THE BODY.

THE PRO IS YOUR COACH, NOT A REFEREE

ANY CRITICISM FROM YOUR PRO IS FOR YOUR SAFETY AND BETTERMENT OF YOUR WORKOUT.

STUPIDITY IS NEVER REWARDED

- A TASK PERFORMED OUT OF ORDER IS NOT GIVEN CREDIT
- IF YOU PERFORM A TASK OUT OF ORDER, CALL IT OUT TO THE PRO AND THE JUNKIE NEXT TO YOU
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- IF YOU'RE UNSURE WHAT REP YOU'RE ON; DO ANOTHER

LET IT OUT

PROFANITY AND PRIMAL OUTBURSTS ARE PERMITTED, IF NOT ENCOURAGED.

EMBRACE THE HANGOVER